

# Fitting Instructions for 3M™ Elastomeric Full Face 4 Strap Respirator

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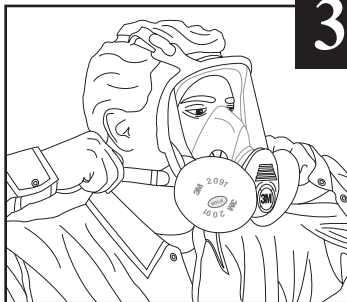
## Wearing your elastomeric full face, 4 strap respirator



**1** Fully loosen all four head straps. Pull hair back with one hand. Bring facepiece up to face with other hand.



**2** While holding the facepiece in place, pull the straps over your head.

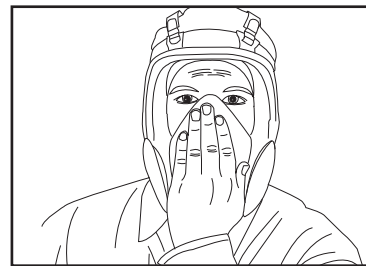


**3** Tighten the two bottom straps.



**4** Tighten the two top straps.

## Check the seal of your elastomeric full face, 4 strap respirator each time you don the respirator.



### 1. Positive Pressure User Seal Check

Place the palm of your hand over the exhalation valve cover and *exhale* gently. The facepiece should bulge slightly. If air leaks between the face and the faceseal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



### 2. Negative Pressure User Seal Check

#### Using Particulate Filters

Place your thumbs over the center of the particulate filters and *inhale* gently. The facepiece should collapse slightly. If air leaks between the face and the faceseal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



#### Using Cartridges

Place the palms of your hands over the cartridges and *inhale* gently. The facepiece should collapse slightly. If air leaks between the face and the faceseal of the respirator, reposition it and adjust the straps for a tighter seal. If you cannot achieve a proper seal, **do not** enter the contaminated area. See your supervisor.



## ⚠ WARNING

These respirators help reduce exposure to certain airborne contaminants. **Misuse may result in sickness or death.** Before use, the wearer must read and understand **User Instructions** provided as a part of product packaging. Time use limitations may apply. For proper use, see package instructions, supervisor or call 3M OH&ESD Technical Service in U.S.A., 1-800-243-4630. In Canada, call 1-800-267-4414.

### Important

Before using these respirators, you must determine the following:

1. The type of contaminant(s) for which the respirator is being selected.
2. The concentration level of contaminant(s).
3. Whether the respirator can be properly fitted on the wearer's face. Do not use with beards, on other facial hair, or other conditions that prevent a good seal between the face and the faceseal of the respirator.
4. Before use of these respirators, a written respiratory protection program must be implemented, meeting all the requirements of OSHA 29 CFR 1910.134, including training, medical evaluation and fit testing.



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